

Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

www.leelanau.gov/seniorservices.asp

seniorinfo@leelanau.gov

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

April Missias

Director

Gail Carlson

Aging Well Resource Coordinator

Victoria Maggio

Care Coordinator

Armanda Krantz

Account Clerk

Chet Janik

County Administrator

(231) 256-9711

County Commissioners

Rick Robbins

District #1 (Elmwood Township
& a portion of the City of Traverse City)
(231) 409-1140
rrobbins@leelanau.gov

Debra Rushton

District #2 (Bingham Township
& a portion of Elmwood Township)
(231) 941-8286
drushton@leelanau.gov

William Bunek

District #3 (Suttons Bay Township
& a portion of Bingham Township)
(231) 866-4247
wbunek@leelanau.gov

Ty Wessell

District #4 (Leelanau Township
& a portion of Suttons Bay Township)
(231) 432-0066
twessell@leelanau.gov

Patricia Soutas-Little

District #5
(Leland & Centerville Townships)
(231) 218-8496
psoutaslittle@leelanau.gov

Gwenne Allgaier

District #6
(Cleveland, Empire &
Glen Arbor Townships)
(231) 228-6763
gallgaier@leelanau.gov

Melinda Lautner

District #7
(Solon & Kasson Townships)
(231) 947-2509
mlautner@leelanau.gov

May / June 2022

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community

Dear Friends,

As I arise each morning and make my way into work, traveling along M22; I am blessed with being witness to the ever-changing mood of the bay. My children and I love to discuss the color and movement of the water. We observe the movement first, commenting on the stillness, its shimmering in the sunlight, and of course the size of the waves. We love to see white caps or as my seven-year-old has said since she was three, the "cap whites". As we make it up the peninsula, we have our favorite spots that show off its daily color change-teal, mossy green, mystic blue, etc.

As we began to bid adieu to winter, the transformation on the bay held a deeper significance for me this year than the normal discussions of movement and color. I cherish winter as a time of hibernation, a time to be still, to slow down and rest. Rest from the previous year's active life and rest in preparation for what is to come in the present year. I loved seeing the ice along the bay's edges and seeing Lake Leelanau frozen over with people ice fishing periodically as they were reminders to continue to rest and be still like the frozen water. As we began to enjoy warming temperatures, there was excitement from my children and I as we watched the ice recede from the bay, and the ice on Lake Leelanau thinning each day revealing a new spectrum of colors to behold. The excitement was not only about the new sites to take in, but also about emerging from the stillness and ramping up for new adventures and fun that arrive with the sun and warmth.

I am hopeful that this spring will bring with it a new normal for engaging in life. I am hopeful for a waning pandemic and a rising comfort in gathering together. On a recent sunny day with temperatures in the mid-fifties, my children pleaded with me to stop at our favorite beach. I gave in to their begging, and as I put the car in park, my children jumped out of the car, ran to the sand, immediately took off their shoes and socks, dropped their coats as they made a mad dash to the water's edge. They put their feet in the water for a few seconds, felt the sand between their toes, collected a few rocks and shells as souvenirs and returned to the car within twenty minutes. My heart was full of joy as I watched each of them navigate the beach in their own way, but with a sense of renewal and reminder of normalcy as they ran back to the car.

With the desire for a new normal and bringing joy to other's hearts, LCSS will begin to blend the old and new ways by hosting a few luncheons outside this coming summer. We hope you will emerge from your stillness and metaphorically kick off your shoes and peel your coats to join us as we enjoy the warmth of food and fellowship.

Warmly, *April*

C.S.F.P.

The Commodity Supplemental Food Program

(CSFP) is a nutrition education program providing monthly supplemental foods to help promote health for people 60 years of age or older who meet income guidelines.

Q. INCOME REQUIREMENTS

Less than
\$1,396 Month or \$16,744 Yr

Q. WHAT DO I NEED TO SIGN UP?

Picture Identification
(driver's license, state ID, or passport)
Proof of household income

Q. HOW DO I SIGN UP?

Call: Northwest Michigan
Community Action Agency
1-800-443-2297

or

Leelanau Christian
Neighbors
7322 E Duck Lake Rd
Lake Leelanau, MI 49653
During distribution date/
time

Q. WHEN DO I SIGN UP AND PICK UP FOOD?

The third Tuesday of every
month from
12:00 p.m. - 1:00 p.m.

Q. WHAT WILL I RECEIVE?

Your monthly food package
may contain:

Juice
Canned fruits
Canned vegetables
Milk (dry or evaporated)
Cereal
Cheese
A varied starch item
A varied protein item

Foot Care Program

Foot Care Vouchers Are Available

\$15.00 ea

Seniors can purchase up to 6 vouchers annually.
There are 3 ways to purchase your vouchers.

Mail a check

Call and pay by credit card

Stopping in the office

LCSS is collaborating with Comfort
Keepers to provide a foot care clinic
the first Friday of each month

from 10:00 a.m. to 1:00 p.m. at the Elmwood Township Hall.

If you are interested in receiving foot care at the clinic, **please call LCSS at 256-8121 to schedule an appointment.**

Upcoming schedule:

Friday, May 6, 2022

10:00 a.m.—1:00 p.m.

Friday, June 3, 2022

10:00 a.m.—1:00 p.m.



Linda Lingaur will continue to provide foot care services at her
salon, *Linda Lou's* in Lake Leelanau.

You may contact her directly to schedule an appointment.
Her phone number is (231) 883-4529.

Covid Vaccines



LCSS is working with the
Benzie-Leelanau Health Department
scheduling Covid vaccines.

Call LCSS (231) 256-8121 to schedule your
vaccine or booster.

SCHEDULE A
COVID-19 VACCINE
APPOINTMENT



Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ♦ Personal Care*
- ♦ Respite Care*
- ♦ Homemaker*
- ♦ Medication Management*
- ♦ Medical Transportation
- ♦ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ♦ Dental Assistance
- ♦ Eye Glass Assistance
- ♦ Hearing Aid Assistance
- ♦ Heating/Utility Assistance
- ♦ Legal Assistance
- ♦ Unmet Needs Assistance
- ♦ Project Fresh Coupons**

Promoting Safety:

- ♦ Emergency 911 Cell Phone
- ♦ PERS (Personal Emergency Response System)
- ♦ File of Life
- ♦ Medical Equipment Loan Closet

Social Activities:

- ♦ Euchre
- ♦ Bitesize Learning
- ♦ Senior Expo
- ♦ Coffee Connections
- ♦ Lunch Bunch

* Income and asset tested through application and home evaluation process.

** Funded by USDA



Picnic

Join LCSS for a picnic and fellowship at

North Park in Suttons Bay

the north end of the village of Suttons Bay (on the water)

Thursday, June 16, 2022

at 12:00 p.m.

Vouchers \$5.00 available at LCSS

The \$5.00 cost covers the lunch which includes your sandwich, veggies, beverage and dessert.

(Please purchase your voucher no later than
Wednesday, June 8, 2022
as we need to get a confirmed count to
place the food order.)

Parkinson's Support Group

Do you or a loved one have Parkinson's disease?

Parkinson's Network North will be offering a support group facilitated by Hettie Molvang, RN in Leelanau County at the Government Center, the second Tuesday of each month at 1:00 p.m.

If you have any questions, you can contact Hettie at
(231) 947-7389 or the LCSS office.

Upcoming Meetings

May 10, 2022 at 1:00 p.m.

June 14, 2022 at 1:00 p.m.

Veterans services and support

Veterans Affairs

(Disability, Pension, Death
Benefits, etc.)

1-231-995-6070

A VA representative is at the
Leelanau County
Government Center
on Tuesdays only.
Call for appointment

Grand Traverse County Chapter Disabled American Veterans

(Coordinates
transportation to VA
medical facilities)
1-231-313-9357

VA Clinic

(Health Care)
1-231-932-9720

Vet Center

(Readjustment
Counseling-PTSD)
1-231-935-0051

Supportive Services for Veteran Families

(Homeless Veterans)
1-844-900-0500

Please contact one of these
service providers if you or
someone you know can
benefit from any or all of
these resources.

Veterans In Crises

(850) 294-3230

veteransincrisis.org

A community-Based Effort to
Help Veterans in Northern
Michigan

FREE CONCERT TO ALL VETERANS

Saturday, June 18, 2022

5:30 p.m. - 10:00 pm

Contact LCSS for your free tickets

Honoring All Who Served **Rock Concert**

presented by Grand Traverse County Veterans Affairs

Turtle Creek Stadium

333 Stadium Dr, Traverse City • June 18, 2022 • 5:30pm-10pm

CREEDENCE REVIVED

WITH OPENER

AMELIA AIRHARTS



Tickets can be picked up
at the Grand Traverse Veterans
Affairs office, Leelanau Sands
Casino and Turtle Creek Casino.
Must show proof of veteran status.



CONCERT SPONSOR

TURTLE CREEK
CASINO & HOTEL

FREE VETERANS & FAMILY ONLY EVENT

Food Pantries:

Leelanau Christian Neighbors is continuing to provide food pantry services on Mondays 2 p.m. to 6 p.m. If you are in need of food and are unable to drive and do not have someone to pick up food for you, please call LCSS and we will coordinate efforts to ensure you receive the food you need.

The Empire Food Pantry is continuing to provide food pantry services on Tuesday evenings at 5 p.m. The food pantry is operating out of the Glen Lake Reformed Church at 4902 W MacFarlane Rd. You can call them with any questions at 231-334-4563. If you are unable to drive or have someone pick up food for you please contact LCSS and we will coordinate efforts to ensure you receive the food you need.

Meals on Wheels: Meals on Wheels services are continuing with the delivery of five to seven frozen meals once a week. Due to COVID-19, and the number of people struggling to access food, we have temporarily signed up a number of people for MOW during this time. If you, or someone you know could benefit from receiving MOW please contact our office for assistance.



A Memorial Day service for honoring our fallen veterans.

Leelanau County Veterans' Memorial,
Government Center Drive, Suttons Bay

**Monday, May 30, 2022,
at 9:00 a.m.**



New office at Government Center

Veterans Affairs office is no longer in Suite 101. Their new location is the first office on the left from the entryway

on the main floor of the government center. Chris Dailey will be in the office every Tuesday to meet with veterans and their families. Please call the Traverse City office (231) 995-6070 for an appointment.

Our Medicare/Medicaid Specialist, Bruce Barnes will also be using the same office. Please call LCSS for an appointment.



Take The Right Steps to Prevent Falls

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

In Stairways, Hallways, and Pathways:

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

In Bathrooms and Powder Rooms

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

In Your Bedroom

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

In Other Living Areas

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.
- If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home's safety and advise you about making changes to prevent falls.

Your Own Medical Alarm

- If you're concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it is not usually covered by insurance.

<https://www.nia.nih.gov/health/fall-proofing-your-home>



AARP Smart Driver Course

Why Take a Driver Safety Course?

"Because driving has changed since you first got your license"

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

The Smart Driver Course is a driver refresher designed to help you learn:

- Research-based safety strategies that can reduce the likelihood of having a crash.
- Proper use of technology in the vehicle when linked with the driver and road environment.
- How age-related changes, medications, alcohol or health issues affect driving ability.
- Know the importance of eliminating distractions when sharing the road with others.
- Discover the newest or latest safety and advanced features in vehicles.
- Ways to monitor your own and others' driving skills and capabilities.
- Explore other options for travel, when driving may no longer be safe.
- Plus, there are no tests to pass.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

**** Upon completion you may be eligible to receive an Auto Insurance discount. Consult your Insurance Agent.**

Learn more by signing up to take the AARP Smart Driver Course. **The classroom course costs \$20 for AARP members and \$25 for non-members (cash or check only).** Please bring a valid Michigan Driver License and an AARP card, if you have one.

Upcoming AARP Smart Driver Course

Course Location:

Leelanau County Senior Services
8527 E Gov't Center Dr., Suttons Bay

To reserve a seat today:

Contact LCSS at (231) 256-8121
Leelanau County Senior Services

**space is limited*

August 16, 2022 and August 17, 2022

Both sessions: 12:30PM-4:30PM

**8 hour course: must attend both sessions*

To locate other courses in your area, visit aarp.org/driving36 or call (888) 773-7160.

Since 1979 AARP Driver Safety has helped older drivers stay safer, be educated and remain confident behind the wheel.

The Administration for Community Living recently published an article on April 5, 2022 alerting providers of upcoming changes to Medicaid and the impact of it on seniors and those with disabilities. Below are some excerpts from the publication.

Preparing for Medicaid Changes When the Public Health Emergency Expires

Government agencies have started reviewing policies that were put in place to meet the needs of states, localities, and the public during the height of the COVID-19 pandemic. When the federal declaration of a public health emergency (PHE) expires, many of the flexibilities initiated during the PHE will need to be rolled back. This return to pre-pandemic operations will have far-reaching impacts for older adults and people with disabilities. Changes in Medicaid enrollment and eligibility will be particularly important—and potentially confusing or disruptive—for current enrollees.

What temporary federal and state Medicaid changes were made to respond to the COVID-19 pandemic and Public Health Emergency?

The Families First Coronavirus Response Act (FFRCA), signed into law March 2020, provided states with an increase in the amount of federal funding contributed to their Medicaid programs provided they agreed to certain requirements surrounding Medicaid eligibility and enrollment. In exchange for accepting the extra federal dollars, FFRCA prohibited states from disenrolling anyone from their Medicaid programs (with limited exceptions). For example, states could not disenroll individuals due to an increase in income or change in “categorical eligibility” (e.g. pregnancy, age, disability) that would ordinarily make them ineligible for Medicaid. This continuous coverage provision included in the FFCRA is not indefinite and will end with the public health emergency.

When will the public health emergency end and what does that mean?

The PHE was declared on January 27, 2020 and has been reauthorized several times. While the Biden Administration has not officially said when the PHE will end, it has assured states that they will receive at least 60 days of advance notice. Upon the end of the PHE, states will have 12 months to evaluate the eligibility of virtually everyone in their Medicaid programs to make sure they still qualify for the program.

Things to Keep in Mind

- Medicaid beneficiaries should make sure their Medicaid agency has their current contact information. They should check their mail and be sure to mail back any Medicaid forms they receive.
- All renewal forms and notices must be accessible to people with limited English proficiency and people with disabilities.
- Many people who are no longer eligible for Medicaid will have other coverage options.
- If someone is disenrolled or their Medicaid coverage changes and they disagree with their state Medicaid agency’s decision, they can appeal.

The upcoming changes to Medicaid are historic and the aging and disability networks are critical partners in ensuring older adults and people with disabilities can continue to receive the supports and services they need without disruption. If you have any questions, you can contact Leelanau County Senior Services and we will try to assist you in navigating these changes.

Food Corner

Part of my spring cleaning is going through my food magazines and cookbooks. If I haven't used them in a year or changed my mind about the recipes I've tagged, it's time to purge the books. I came across an old book I've had for at least 2 years. One of the tagged pages has the recipe I want to share. I made the recipe last week and Matt asked why I haven't made this dish before. Easy to make and in no time its done. Enjoy ~ Armanda

Chicken Manicotti with Chive Cream Sauce

*Pasta cooking for today
Better Homes and Gardens*

12 packaged dried manicotti shells
1 8-oz container soft-style cream cheese with chives and onion
2/3 cup milk
1/4 cup grated Romano or Parmesan cheese
1 10-ounce package frozen chopped broccoli, thawed and drained
1 4-ounce jar diced pimiento, drained
1/4 teaspoon pepper
Paprika

Reminder:

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

- Cook the manicotti shells according to the directions on the package Drain shells; rinse with cold water. Drain again.
- Meanwhile, for sauce, in a small heavy saucepan melt cream cheese over medium-low heat, stirring constantly.
- Slowly add milk, stirring til smooth. Stir in cheese. Remove from heat.
- For filling, in a medium mixing bowl, stir together 3/4 cup of the sauce, chicken, broccoli, pimiento, and pepper. Using a small spoon, carefully fill each manicotti shell with about 1/3 cup of the filling.
- Arrange the filled shells in a 3-quart rectangular baking dish. Pour the remaining sauce over the shells. Sprinkle with paprika. Cover with foil.
- Bake in a 350° oven for 25—30 minutes or till heated through. Makes 6 main-dish servings.

*Nutrition information per serving: 396 calories, 25 g protein,
31 g carbohydrate, 18 g fat (9 g saturated),
92 mg cholesterol, 257 mg sodium, 389 mg potassium*

The House of Belonging

This is a bright home in which I live,
this is where I ask my friends to come,
this is where I want to love all things
it has taken me so long to learn to love.

This is the temple of my adult aloneness
and I belong to that aloneness as I belong to my life.

There is no house like the house of belonging.

By: David Whyte

Submitted by: Carol Waters

May 2022

*The VA Representative is at the Government Center every Tuesday, call 995-6070 to schedule your appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LCN 2-6 Food Pantry	3 VA* Empire Food Pantry 4:30-5:30	4	5	6 Elmwood foot care clinic	7
8 <i>Happy Mothers Day</i>	9 LCN 2-6 Food Pantry	10 VA* Empire Food Pantry 4:30-5:30 Parkinson's Support Group	11	12 MMAF Specialist	13	14
15	16 LCN 2-6 Food Pantry	17 VA* Empire Food Pantry 4:30-5:30 Commodities	18	19	20	21 Armed Forces Day
22	23 LCN 2-6 Food Pantry	24 VA* Empire Food Pantry 4:30-5:30	25 Alzheimer's Zoom Meeting	26 MMAF Specialist	27	28
29	30 Office Closed Memorial Day	31 VA* Empire Food Pantry 4:30-5:30			<u>Food Commodity or Surplus every 3rd Tuesday of every month</u> <u>For more information on surplus & commodities: 1 (800) 632-7334</u>	

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Estate Planning	3 Elmwood foot care clinic	4
5	6 LCN 2-6 Food Pantry	7 VA* Empire Food Pantry 4:30-5:30	8	9 MMAF Specialist	10	11
12	13 LCN 2-6 Food Pantry	14 VA* Empire Food Pantry 4:30-5:30 Parkinson's Support Group	15	16 LCSS Picnic	17	18 Veterans Concert
19 <i>Happy Fathers Day</i>	20 LCN 2-6 Food Pantry	21 VA* Empire Food Pantry 4:30-5:30 Commodities	22 Alzheimers Zoom Meeting	23 MMAF Specialist	24	25
26	27 LCN 2-6 Food Pantry	28 VA* Empire Food Pantry 4:30-5:30	29	30		

3 Simple Rules:

1. Clean & Dry (dirty materials contaminate our loads. Rinse and dry!)
2. Separate unlike materials (take metal lids off glass jars, remove plastic from cardboard boxes, etc.)
3. Flatten and dump 'loose' materials into containers.

PAPER, CARDBOARD, PLASTIC, METAL, GLASS

Recycling is for Leelanau County Households ONLY! No Commercial Recycling.

WE ACCEPT:



PAPER

Cardboard, paper, junk mail, newspaper, magazines, phone books, fridge and freezer cartons/boxboard.



PLASTICS

Plastic types #1 through #7, plastic bags (bundled together)



METAL

Tin, aluminum and steel food containers



GLASS

Glass bottles and jars (all colors are accepted.)



ITEMS SHOULD BE CLEAN AND FLATTENED

WE DO NOT ACCEPT:

Mirror Glass, Window Glass, Glass Dishes, Picture Glass, Light Bulbs



Packing Peanuts or Foam Packing/Wrap

Credit Cards, Video Tapes, CDs, Batteries, Electronics, Appliances, TVs



Athletic Equipment, Inflatables, Plastic Playground Equipment, Toys, Christmas Trees



Scrap Metal, Grills, Paint/Stains, Auto Fluids, Lawn Furniture,



Construction Waste/Materials, Shrink Wrap, Tarps



Hazardous Materials, Sharps, Medications

Household Trash, Brush, Organic Material

SMILE YOU ARE ON CAMERA!

RECYCLING SITES ARE MONITORED

Leaving items outside of bins is considered LITTERING and is subject to a ticket.

Help to keep our recycling sites clean - Put all items in the bins!

Call 231-256-9812 with questions or to report problems with this recycling site.

Leelanau County Recycling Program

www.leelanau.gov/solidwaste.asp

TOWNSHIP	LOCATION	ADDRESS
Elmwood	Old Fire Station Parking Lot	10750 E Cherry Bend Rd, Traverse City, MI 49684
Empire		9688 W Fisher St., Empire, MI 49630
Glen Arbor	The Leelanau School	5233 Old Homestead Rd., Glen Arbor, MI 49636
Kasson	Glen Lake School	3375 W Burdickville Rd., Maple City, MI 49664
Leland	Temporary Site	Oak/Edward Street, Leland, MI 49654
Solon	Near Boat Launch	8907 S Kasson St., Cedar, MI 49621
Suttons Bay	Government Center	8527 E Government Center Dr., Suttons Bay, MI 49682
Suttons Bay	Across from Casino	2518 N West Bay Shore Dr., Suttons Bay, MI 49682

LEELANAU COUNTY SENIOR SERVICES
8527 E. Government Center Drive, Suite 106
Suttons Bay, MI 49682

PRSR STD
U.S. POSTAGE
PAID
TRAVERSE CITY, MI
PERMIT #568

THE LEELANAU CONNECTION

Striving to celebrate and support seniors within our community



Leelanau County Senior Services

www.leelanau.gov/seniorservices.asp